



Asian Pasta Salad with Beef, Broccoli and Bean Sprouts

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 8 ounces broccoli florets
- ☐ 3 medium carrots grated peeled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 medium garlic cloves minced
- ☐ 3 green onions thinly sliced
- ☐ 1 teaspoon ground ginger

- ☐ 2 tablespoons mayonnaise
- ☐ 1 pound penne pasta
- ☐ 1 medium bell pepper red cut into bite-size strips
- ☐ 0.8 teaspoon pepper flakes red hot
- ☐ 1 tablespoon rice wine vinegar
- ☐ 1 pound rare deli roast beef sliced cut into bite-size strips
- ☐ 0.5 cup roasted peanuts chopped or honey-roasted
- ☐ 2 tablespoons salt
- ☐ 1 tablespoon sesame oil
- ☐ 6 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil

Equipment

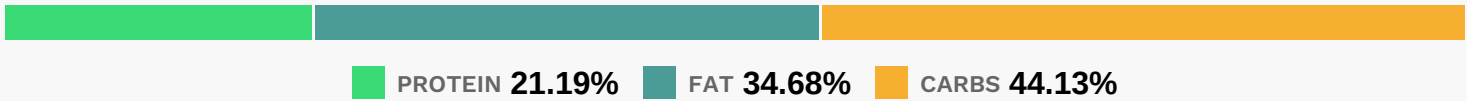
- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Mix garlic, soy sauce, vinegar, sugar, sesame oil, ginger, and pepper flakes in a 2-cup Pyrex measuring cup.
- ☐ Whisk in mayonnaise until smooth, then in a slow steady stream, whisk in oil to make an emulsified dressing; keep chilled until ready to toss with salad. Store in a clean jar with lid.
- ☐ Bring 1 gallon of water and 2 tablespoons of salt to boil in a large soup kettle.
- ☐ Add pasta and, using package times as a guide, boil, stirring frequently and adding broccoli the last 1 minute, until just tender.
- ☐ Drain thoroughly (do not rinse) and dump onto a large, lipped cookie sheet. Set aside while preparing remaining salad ingredients.

☐ Place all salad ingredients (except soy-ginger dressing) in a large bowl or transfer to a gallon-size zipper bag. (Can be covered and refrigerated several hours at this point). When ready to serve, add dressing; toss to coat and serve.

Nutrition Facts



Properties

Glycemic Index:53.99, Glycemic Load:19.63, Inflammation Score:-10, Nutrition Score:29.797391468578%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 480.24kcal (24.01%), Fat: 18.82g (28.95%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 53.87g (17.96%), Net Carbohydrates: 48.73g (17.72%), Sugar: 6.67g (7.41%), Cholesterol: 33.79mg (11.26%), Sodium: 3448.31mg (149.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Vitamin A: 4605.96IU (92.12%), Vitamin C: 75.96mg (92.07%), Vitamin K: 70.86µg (67.48%), Selenium: 41.8µg (59.71%), Manganese: 1.09mg (54.56%), Vitamin B3: 7.9mg (39.51%), Phosphorus: 319.5mg (31.95%), Vitamin B6: 0.53mg (26.41%), Zinc: 3.46mg (23.08%), Calcium: 215.79mg (21.58%), Fiber: 5.15g (20.59%), Magnesium: 80.86mg (20.21%), Folate: 77.69µg (19.42%), Potassium: 645.16mg (18.43%), Copper: 0.37mg (18.25%), Iron: 3.23mg (17.97%), Vitamin B12: 0.97µg (16.13%), Vitamin B2: 0.23mg (13.66%), Vitamin B1: 0.18mg (12.3%), Vitamin E: 1.5mg (10.01%), Vitamin B5: 0.98mg (9.85%)